



2020-21 NFHS SWIMMING AND DIVING RULES

National Federation of State
High School Associations



Rules Changes
Major Editorial Changes
~~Points of Emphasis~~

***DIAA Rules Clinic
Nov 17, 2020***

UNIFORMS

3-3-3 NOTE, 3-3-4c

- Suits with a FINA marking and/or the USA Swimming approved check-mark logo, if otherwise legal, shall be legal for NFHS competition.



GUIDELINES FOR OFFICIATING SWIMMERS WITH DISABILITIES - APPENDIX B

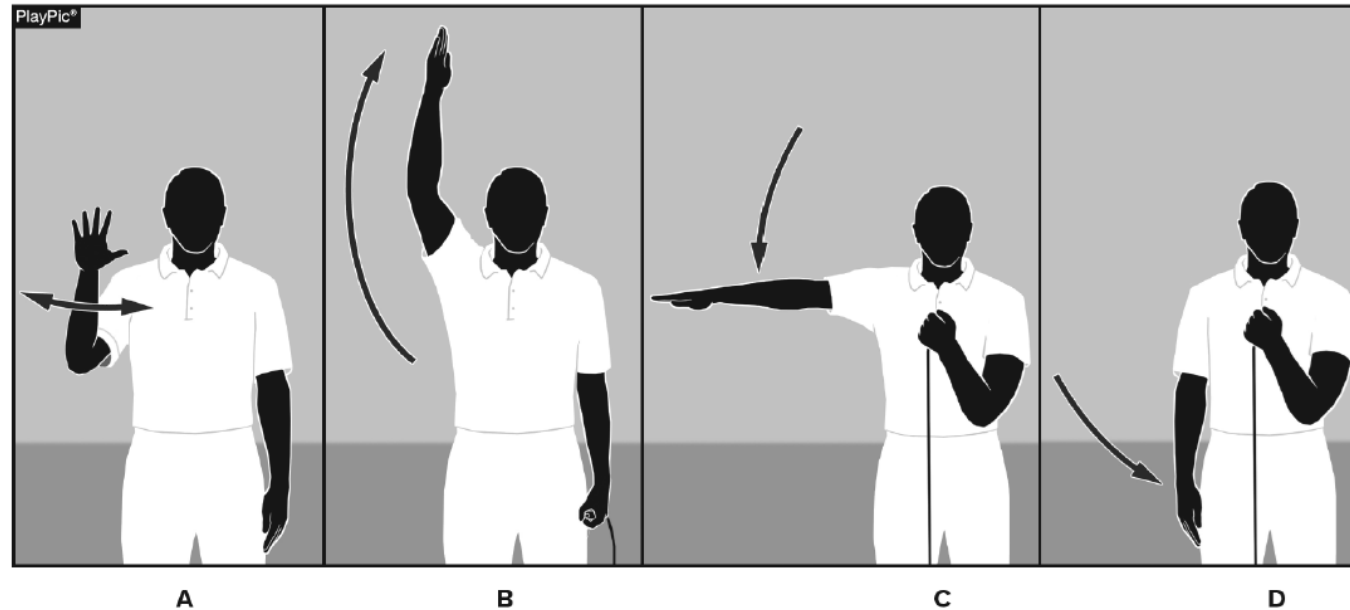


FIGURE 1 – FORWARD START

- A. Twist hand at chin level – short whistles;
- B. Arm overhead – swimmer steps onto starting block;
- C. Arm moves to shoulder level – signal to “take your mark”;
- D. Arm moves to side of body – starting signal;

GUIDELINES FOR OFFICIATING SWIMMERS WITH DISABILITIES - APPENDIX B

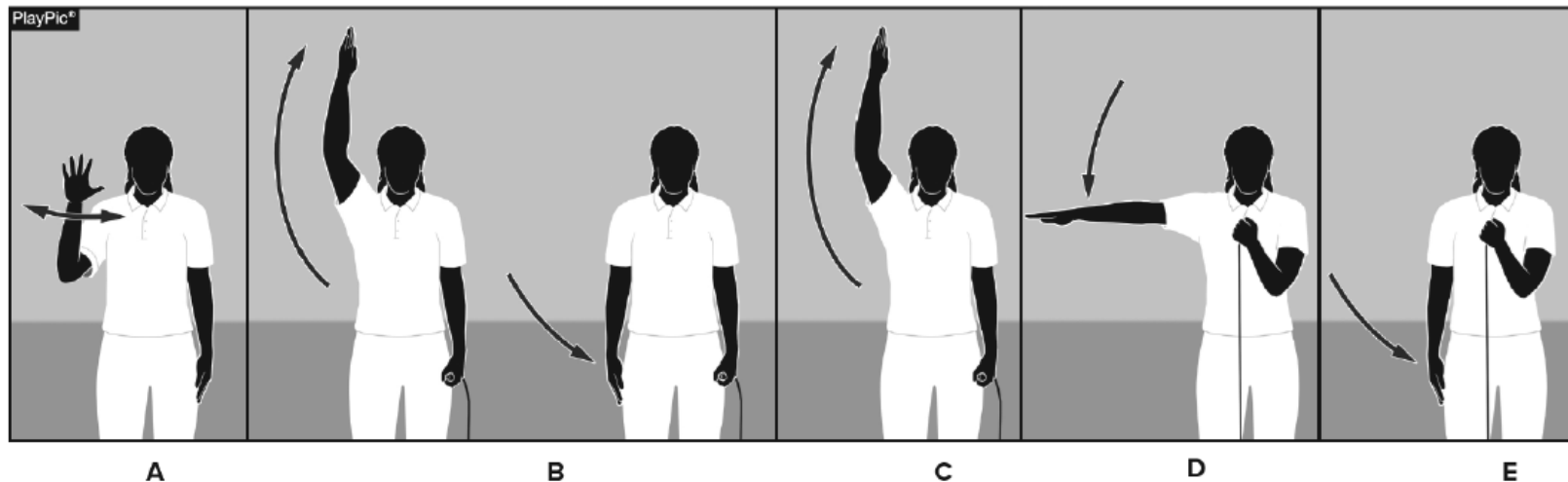


FIGURE 2 – BACKSTROKE START

- A. Twist hand at chin level - short whistles;
- B. Arm overhead - swimmer enters water; drop arm to side while swimmer enters water;
- C. Arm overhead - swimmer returns to backstroke start position;
- D. Arm moves to shoulder level - signal to “take your mark;”
- E. Arm moves to side of body - starting signal.

NFHS NETWORK

- By 2025, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.
- 27 Different Sports and Activities



www.NFHSnetwork.com



Dual Meet Procedures for 2020-2021 Season

Season Overview

Officials

- Test is now open; closes Nov 30
- Next Officials-only clinic is Dec 1 @ 6:30pm
- Target: 10 meets season + conference champs & tournament (not yet approved; subject to DIAA approval 12/5/2020)

Dual Meet Season

- Practices Start Nov 30
- Competitions: Dec 21 thru Feb 25
- Girls first for this season
- No exhibition swims (exception: CHS)

Tournament

- Tournament (if it happens) is week of March 1 (not yet approved; subject to DIAA approval 12/5/2020)

Dual Meet Procedures - The “Fine Print”

NOTE:

- DPH approvals required for all facilities (practices & competitions)
- DPH approvals required for all Schools/teams (practices & competitions)
 - Home Team for competitions
 - Align with facility plans
- Incorporate dual meet procedures as part of your School/Team (and facility) plans for competitions
 - facilitates consistency
 - Helps DPH in approvals process
- Dual meet procedures are subject to change prior to the start of the season

General COVID Precaution Requirements

School & Team Requirements

- Sit in separated areas from opposing school/team; remain seated throughout meet except to compete, locker room, etc.
 - Must follow approved facility requirements
 - Girls & Boys from each school may sit in same area
- Non-athletes wear mask at all times
- Teams compete in lanes on their side of the pool (i.e. not alternating lanes)
 - Concord HS lane 3 primarily for CHS exhibition
- Combined Team size limited to 50% of pool capacity including Coaches
 - After accounting for 2 officials, one scorer per team, # of lifeguards as defined per facility, plus any facility staff
- Spectators - not likely to be allowed (pool capacity limits; approved procedures)

General COVID Precaution Requirements

Meet Conduct

Swimmers

- Swimmers only report to starting area while previous event swimmer is in water
- Swimmers wear mask at all times except when warming up or competing
 - recommend ziplock bags to keep masks dry
- Swimmer's mask removed only when:
 - behind blocks and when prior heat swimmer is in the water
 - competing
 - immediately after exiting water and prior to leaving start area

Officials

- Single Referee/Starter for both Girls and Boys meets
- Officials wear mask at ALL times during competition

Starts

- NO whistle commands; verbal commands only using start system microphone
 - microphone to be cleaned by facility before and after the competition
- Expect electronic start systems at all dual meets (few exceptions)

General COVID Precaution Requirements

Warm-ups

- Limited to four swimmers per lane at any given time
 - No gathering at end of lanes
- Pre-meet warm-up: 30 minutes concurrent with teams warming up in their competition lanes only
 - If a team is arriving late, opposing team may use all 6 lanes for 15 minutes
 - Sprint lanes may be designated in last 5-minutes of warm-up
 - Sprints from blocks ONLY in the Team's competition lanes
- Intermediate warm-up after 50 Free
 - 15 minutes concurrent with teams warming up in their competition lanes
 - No sprint lanes
- No Diving warm-ups concurrent with swimming warm-ups

General COVID Precaution Requirements

Coach & Captain Meeting

- Officials may confer with Coaches individually prior to the meeting to confirm team locations, lanes, etc.
- Officials meet with one coach per Team prior to the start of the meet
 - Prefer one Coach per School (combined for Girls/Boys)
- Maintain Social Distancing and Masks to be worn at all times
- One Captain per School may join if appropriate social distancing can be maintained

General COVID Precaution Requirements

Entries

- Competition rosters pre-filled by Coaches in lieu of event cards
 - Submitted at least 10 minutes before first event
 - Suggest completing in pencil to facilitate changes
- Use Roster Change Cards (New) for any changes to official roster
 - Submitted to Referee immediately after completion of prior event
 - Referee confers with scoring table for changes
 - Use Cards to designate exhibition/no-scoring
- Officials NOT checking swimmer names before each Event
- No entry count form
 - Can use modified form for contact tracing, if desired and in approved Team Plan

General COVID Precaution Requirements

Timing & Scoring

- One Scorer per School (not per Team)
- Scorers seated at least 6 feet apart and away from swimmers and Officials
- Scorers wear mask at all times
- Officials Order of Finish (OoF) determines official race results
- Times
 - No Timers; Coaches or designee(s) may record times
 - Timing done away from start area and away from Officials
 - Generally, no times will be recorded by scorers unless using automatic timing

General COVID Precaution Requirements

Relays & 500 Free

Relays

- Swimmers (4) report to lane wearing mask
- Subsequent Relay event/teams do not report to start area until prior relay has departed the start area
- Swimmers maintain as much social distancing as is practical throughout the race
- Only active swimmer to have mask removed; exiting swimmer to put on mask before subsequent swimmer completes his/her leg
- No congregating of relay swimmers after completion of race

500 Free Lap Counting

- One lap counter per active lane; no congregating of other swimmers
- Lap counters must wear a mask at all times
- Lap counting cards cleaned by facility prior to and after completion of 500 freestyle event
 - Dip cards in pool before and after each event

General COVID Precaution Requirements

Diving

- Diving warm-ups separate from swimming warm-ups
 - 15 minute warm-up
- Generally, Diving should be held prior to swimming events
 - If spectators permitted at meet, Diving is recommended to be held after swimming competition
- Officials on opposite sides of pool
 - Verbal command to call for scores
- Announcer
 - Wear mask at all times
 - Announce dives AND record scores
- Referee complete score sheet after diving event

General COVID Precaution Requirements

Double-Dual and Triple-Dual Competitions

- Facility capacity limits apply
 - Must account for an additional scorer (3 total)
- Schools/Teams assigned separate areas around pool deck
- Assigned lanes for warm-ups and competition should be 1-2, 3-4, and 5-6
 - Select lanes closest to team area on deck
 - Referee responsible to confirm lane assignments
- 30-minute concurrent warm-ups; 4 swimmers per lane
 - Each team use their competition lanes for meet intermediate 15-minute warm-up
- Must use 3-team scoresheet for triple-dual meets
 - use 2-team scoresheet for double-dual meets

General COVID Precaution Requirements

Sportsmanship

- No team cheer at end of warm-ups
- No gathering/cheering at ends of sides of pools (except from benches/seating area)
- Swimmers will use verbal congratulations with other swimmers in their event
- Relay swimmers will not congregate and congratulate at the completion of their race
- Post-meet congratulations done from opposite sides of pool

Questions?

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